

GET IN THE RING

CAGE FIGHTING AND KICKBOXING AT EMERALD SMOKE FIGHT CLUB



"Two men enter. One man leaves."

What was true for *Mad Max Beyond Thunderdome* is also true at **Emerald Smoke**, the new sport fighting and training gym in River West.

As the only facility in town with a **full-sized elevated fighting cage**, you can **bare-knuckle brawl** in your own personal fight club.

The no-frills, bricklaid space looks like the kind of place Rocky would train in — if he were into ultimate fighting, not chasing chickens.

Yet it also has **all the comforts of a workout gym** with locker rooms, showers and towel service.

Classes in MMA, Brazilian jiu-jitsu, kickboxing and sports conditioning are taught by professional fighters who also offer training in more traditional areas like yoga, weight loss and strength conditioning. **Cage-sparring matches are held on Friday nights.**

The **"Battle of the Bulge" weight loss contest starts today**, where contestants get to **use the gym for free** to see who can lose the most weight by May 27.

You'll be in fighting trim just in time for your Memorial Weekend cage match.

Emerald Smoke

711 W. Grand Ave., River West (312-666-5107)

emeraldsmokememma.com

Price: \$110 a month unlimited, or \$80 for 8 classes

Hours: M-F 11a-9p, Sat 9a-4p

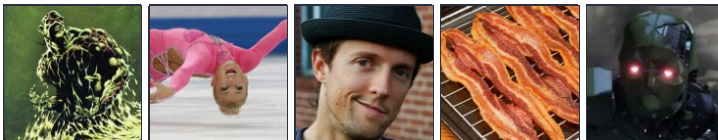
Subway: Blue Line to Grand

Nearby: [Emmit's Pub](#); Funky Buddha Lounge; Rednofive

SPREAD THE WORD

SAVE PRINT TWEET

MORE STORIES



Meet Your Newest Drink of Choice (Or 5...

The Best Colorado Ski Resort You've Never...

Blow Her Away at Chicago's 5 Classiest...

AGONY IN SLOW MOTION

The Secret to a Cooler Bedroom

You, DeNiro, and Sin City's Most Opulent V...

MOST POPULAR



TOP IN LEISURE

You, a Few Beers, and Michael Jordan

Top 5 Ways to Give the Finger to The Worst Winter Ever

4 Days. 3 States. One Bike.

3 New Apps You Can't Live Without

This Is What Cubist Chicago Looks Like

Your 2018 Olympic Training Starts Here